

CRC PRICES

Type	Member (resident)	Member (non-resident)	Non-member (resident)	Non-member (non-resident)
Membership Processing Fee	\$50-Individual \$75-Family/Couple	\$50-Individual \$75-Family/Couple	-	-
Adult Membership	\$55/mo	\$59/mo	-	-
Family Membership	\$80/mo	\$86/mo	-	-
Senior / Special Hours	\$39/mo	\$43/mo	-	-
Senior Couple / Special Hours	\$66/mo	\$72/mo	-	-
Adult Plus	\$38/mo	\$42/mo	-	-
Teen Fitness	\$25/mo	\$29/mo	-	-
Add-on YMCA Membership	FREE	FREE	Fee	Fee
Core class	FREE	FREE	Day Pass + \$5	Day Pass + \$5
Day Pass	-	-	\$9-Adult \$5-Youth	\$10-Adult \$7-Youth



MEMBERSHIP CATEGORIES

Adult: Includes one adult and all children through the age of 21 living at the same address. Access all hours, all core programs, except children ages 9-12 do not have access to the Fitness Center M-Th 5:00pm-8:00pm.

Family: Two adults and all children through age of 21 living at the same address. Access all hours, all core programs, except children ages 9-12 do not have access to the Fitness Center M-Th 5:00pm-8:00pm.

Senior/Special Hours: One adult (21 and older), designed for seniors and those with flexible schedules. Access 10am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Couple Senior / Special Hours: Two adults (21 and older), designed for seniors and those with flexible schedules. Access 10 am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Adult Plus: Additional adult to a family membership, living at the same address. Access all hours, all core programs.

Teen: One teen, ages 13-18. Access all hours, all core programs.

BENEFITS OF MEMBERSHIP

- Free group exercise classes
- Free aqua fitness classes at both the CRC and Aquatics Center
- Free lap and recreational swimming at both the CRC and Aquatics Center
- Free access for your children (up to age 21)
- Free use of open gym - volleyball / basketball / badminton / soccer
- Member prices for swim lessons and specialty classes
- Free access to 5 YMCA of Silicon Valley branches
- Use of YMCA facilities around the country while traveling

CORE MEMBER PROGRAMS

Core fitness classes and Fitlinxx are free for members. The following are included with a membership.

- Group exercise classes
- Group cycling classes
- Fitness orientation
- Open gym
- Lap swim, aqua fitness, recreational swim at both the CRC and Aquatics Center

HERE'S HOW YOU CAN GET INVOLVED

- Come to the Senior or Teen Center(s) for free.
- Join the fitness facility as an individual or family member.
- Pay to sign up for a specific class.
- Buy a Day Pass for a single visit.

ABOUT THE CENTENNIAL RECREATION CENTER

The Centennial Recreation Center offers a wide variety of fitness and recreational options for the whole family. This 52,000 square foot facility offers a fitness center with strength and cardio equipment, group exercise studio that includes aerobics, yoga, pilates and group cycling, gymnasium with youth and adult open gym and leagues, kids zone (childcare while you workout), indoor pool with slide and water features, swim lessons, water aerobics, recreational swim, senior center and senior nutrition program, teen center, locker rooms, and meeting rooms.

ABOUT THE AQUATICS CENTER

The Morgan Hill Aquatics Center is a world class swim center offering both an Olympic size competition pool and a warm water warm up/instructional pool. Lap swimming and aqua fitness classes are offered year round. Additionally the Aquatics Center offers two giant water slides, sprayground and water playground available for recreational use during the summer months.

THE PARTNERSHIP

On May 3, 2006, the Morgan Hill City Council approved an agreement with the YMCA of Silicon Valley to cooperatively operate the City's new Centennial Recreation Center (CRC). The CRC was built to promote multi-generational interaction and advance the physical well being of our community. As partners, the City of Morgan Hill and the YMCA provide high quality health and fitness, aquatics, youth, teen, family, and senior programs for Morgan Hill residents and the surrounding community to enjoy!

CORE PROGRAMS

AQUATICS

INDOOR LAP SWIM

The Centennial Recreation Center Pool has the ability to accommodate three 20 yard lap lanes. During scheduled Lap Swim Times there will be a minimum of 1 lap lane available except for the below noted times.

Location: Centennial Recreation Center

Monday-Friday 5:00am-9:30pm

(Lap swim WILL NOT be available during these times;

M/W/F 11:40am-12:45pm and M-TH 6:55pm-8pm)

Saturday 6:30am-7:30pm

Sunday 8:00am-5:30pm

OUTDOOR LAP SWIM

Lap swim is available at the Aquatics Center Competition Pool. Aquatics Center Summer Season fees or passes apply for General Public Lap Swim. During Scheduled lap swim times there will be at least 5 lanes open for lap swimming.

Location: Morgan Hill Aquatics Center

Monday-Friday 5:00am-8:00am & 11:30am-1:30pm

Monday, Wednesday & Friday 5:00pm-6:45pm

Saturday 7:00am-10:00am

INDOOR RECREATION SWIM

Location: Centennial Recreation Center

Monday-Thursday 1:00pm-3:00pm & 5:30pm-6:55pm

Friday 1:00pm-8:00pm (slide open 4-8)

Saturday 12:00pm-6:00pm (slide open)

Sunday 12:00pm-5:00pm (slide open)

CO-ED AQUATIC FITNESS CLASSES

Location: Morgan Hill Aquatics Ctr & Centennial Recreation Ctr

All aquatics fitness classes are included as part of the CRC membership. Customers can also elect to pay a drop in fee to participate in classes.

Shallow Tone

This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

Beginner Sculpt

A gentle cardiovascular and muscle toning class geared for the novice participant. Aqua socks or tennis shoes are recommended.

Deep H2O Dynamics

This class is designed for more proficient swimmers and is taught in 7ft. of water. Deep water aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance, and motor coordination in a non-impact environment.

Updated schedule online at
www.mhaquaticscenter.com

GROUP EXERCISE CLASSES

The CRC offers a wide variety of fitness classes. We strive to accommodate all levels of fitness. If you are new to class, please let your instructor know. She/He may recommend appropriate modifications. You are encouraged to work out at your own pace.

Updated schedule at www.mhcr.com

FITNESS CENTER

Our Fitness Center offers Cybex strength equipment, cardiovascular equipment which include treadmills, elliptical machines, cross trainers, recumbent bikes and free weights. The CRC provides certified professionally trained staff who are there to assist you and help you reach your fitness goals.

NEW MEMBER ORIENTATION

One of the premium benefits of joining the CRC as a member is the opportunity to learn how to use our fully equipped Fitness Center to your best advantage. The CRC offers all Facility Members free one-on-one orientations with our trained fitness coaches. Make your appointment today at the Front Desk!

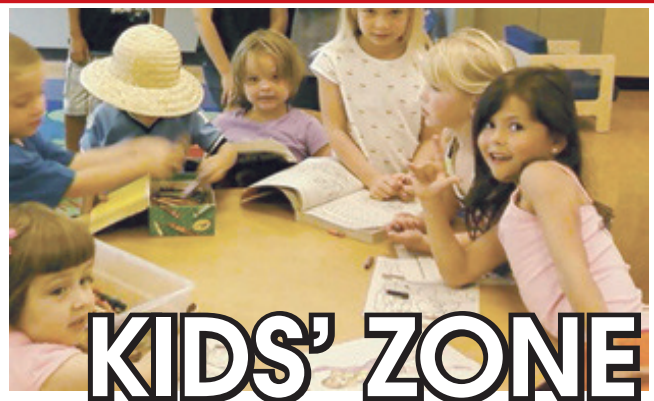
FITLINXX

FitLinxx is an interactive computerized fitness network designed to make sure you get a personalized workout each time you exercise. The system is designed to give you instant feedback while you exercise on the Cybex equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Each piece of equipment works on a specific muscle group and is safe, effective and easy to use. Sign up now for a free orientation.

GYMNASIUM

The CRC offers a full court gymnasium. The gymnasium is available for open gym volleyball, basketball and badminton, and Youth and Adult Sports Leagues. Please check with the Welcome Center or call 782-2128 for gymnasium schedule.

Updated schedule at www.mhcr.com



KIDS' ZONE

Child care while you work out. Free to CRC Members, drop in fee for non-members \$4. Ages 6wks-12yrs. Parent/Guardian must remain in building at all times.

M-F 8:00am-8:00pm • SA 8:30am-1:30pm • SU 8:30am-12:00pm

Monthly Activity Calendar online at www.mhcr.com



Reward yourself in 2009.

First Friend Referred - CRC Shirt
Second Friend Referred - CRC Sweatshirt
Third Friend Referred - 1G iPod Shuffle
Your Friends' Health - Priceless



Refer a friend today!

Ask membership staff for details.

Offer valid 1/1/09 to 12/31/09, at the Centennial Recreation Center and Morgan Hill Aquatics Center. Completed referral card and photo I.D. required at new member registration. Colors of 1GB iPod® shuffle may vary. The CRC cannot guarantee a particular color or make exchanges after receipt. See membership staff for details. iPod® is a registered trademark of Apple Inc. All rights reserved. Apple is not a sponsor or participant of this promotion.